

# Childhood Mental Health and Integrated Primary Care

**Meghan Walls, PsyD**

**Pediatric Psychologist**

**6/17/2019**

**Behavioral Health Consortium**



# Why talk about pediatrics?



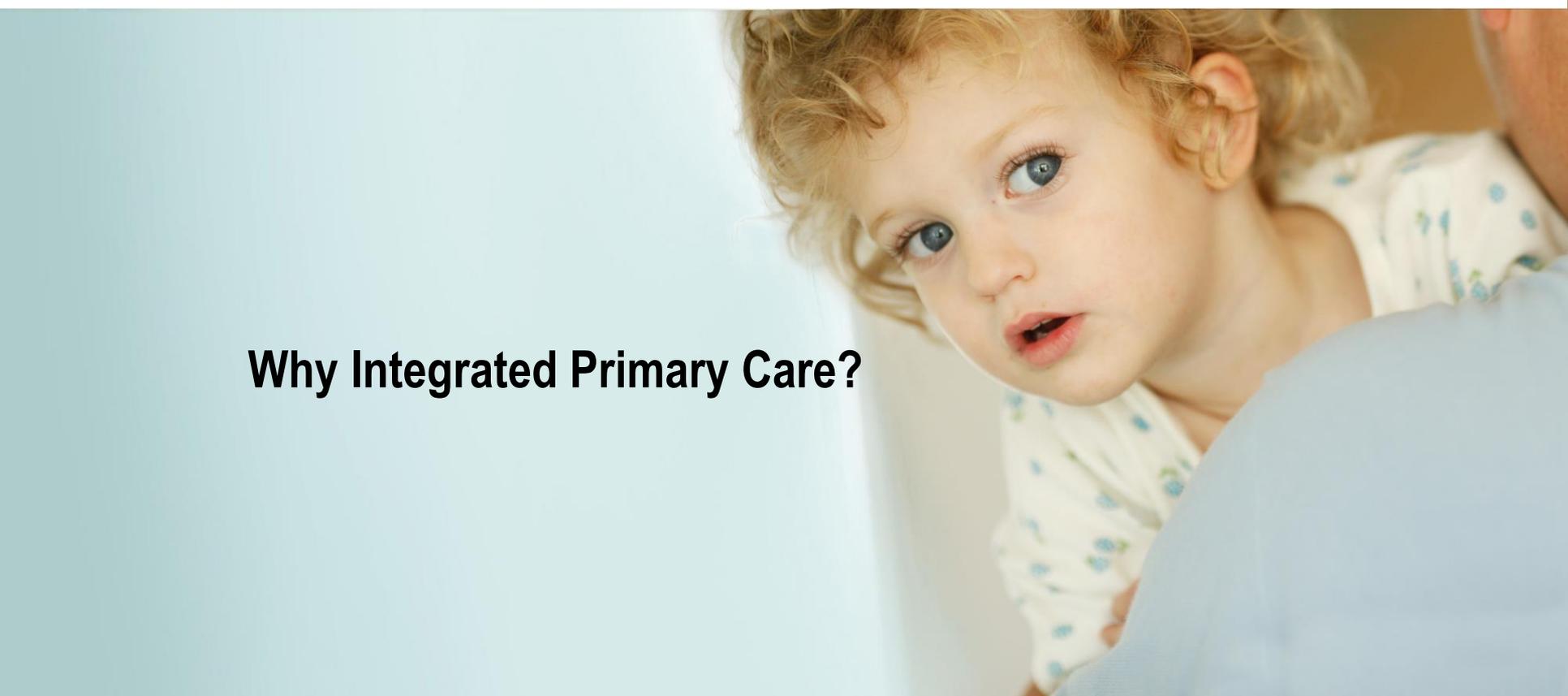
# Nemours Behavioral Health Services

- Child And Community Psychology
  - Early Childhood Evaluation, Consultation, and Treatment
  - Trauma Informed Care
  - Psychological Testing
  - Outpatient programs for concerns regarding depression, anxiety, behavior, ADHD and more
- Swank Autism Center
  - Multidisciplinary, integrated approach to evaluation and consultation
  - Psychological Testing
  - Therapy and Intervention: Parent Training, Adaptive skills, Feeding, Teen program, Social Skills
  - Medical Management
- Integrated Primary Care Psychology
  - Brief outpatient treatment
  - Screening
  - Consultative/Warm Hand Off services
- Pediatric Psychology Specialty Care
  - Medical adherence and coping
  - Integrated clinics within multiple medical specialties
  - Integrated pain program
  - Psychological, neurodevelopmental and learning disorder evaluations
  - NICU and Cardiac neurodevelopmental follow-up
  - Inpatient Consultation/Liaison - consultation for medically complex children
- Neuropsychology
  - Neuropsychological sequelae of illness and injury
  - Concussion/Traumatic Brain Injury



# Nemours Kids Cope Website

- [Nemours Kids Cope Website](#)



## Why Integrated Primary Care?

# Why Integrated Primary Care?



1 in 6 children aged 2-8 years  
has a mental, behavioral, or  
developmental disorder.

**80 percent** of patients with behavioral health concerns present in ED or primary care clinics.

Prevention and early treatment can decrease the severity of mental health issues, substance use/abuse issues, and bolster positive outcomes across the lifespan.

# Nemours Integrated Primary Care: Psychology's Role

- **Brief intervention**
  - Billable outpatient therapy
  - Behavior management of medical disorders (encopresis, sleep)
- **Screening**
  - ADHD, learning issues
- **Consultations**
  - Warm Hand Offs
  - Early childhood
- **Comanaged Well Visits**
  - Variable billing available
  - Developmental concerns
  - Attachment and baby behavior
  - Parenting concerns
  - Behavioral issues
  - Vaccine coping tools

# Project LAUNCH to Healthy Steps: Well Visit Integration



## Project LAUNCH

- SAMHSA funded; Nemours contracted
- Opportunity to pilot psychology/physician comanaged well visits
- Co-teaching of medical and psychology residents
- Kids 0-8
- Expertise & time

## Healthy Steps

- Training from ZTT
- Pilot one clinic
- Stratify families into risk categories
- Families in tier 3 have comanaged well visits
  - 13 well visits 0-3
- Extensive outcomes research exists nationally.



**Questions?**